



# Feeling stressed?

From minor concerns to big issues, call **Mass4You:**  
**Your Employee Assistance Program** for confidential support —  
for whatever comes up in your life.



Your Employee Assistance Program

**1-844-263-1982**

No cost to call. Available 24/7

# Don't worry — connect anytime.

**Mass4You, Your Employee Assistance Program**, offers help when you need it. Call to speak confidentially with a specialist to get referrals or prior approval for a variety of services. Plus, you can go online to search for a provider and to find other resources. Available to all active state and municipal employees and their families eligible for GIC benefits.

## Get support for:

- Financial or legal concerns
- Stress, anxiety or depression
- Parenting and family problems
- Workplace or relationship challenges
- Issues with alcohol, tobacco, gambling or drugs
- Much more

**Free. Confidential\*. Available 24/7. Mass4You: Your Employee Assistance Program**  
**1-844-263-1982. LiveandWorkWell.com** Access code: **mass4you**

\*Confidential in accordance with the law.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. This program and its components may not be available in all states and coverage exclusions may apply.

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